What you need: Week 4



Beauty with Deborah

- Mirror
- Foundation
- Powder
- Concealer
- Mascara
- **Eye Brow Products**
- Highlighter
- Lip stick and lip gloss
- Brushes and sponge



Aerobics with Arita

- A drink of water
- Comfortable clothing
- Comfortable shoes
- A chair
- Ball
- Space to move



Mindfulness with John

- A quiet room
- Relaxing music
- A comfortable place to relax
- Hand sanitiser



Line Dancing with Gary

- Comfortable shoes
- Water
- Plenty of space
- Comfortable clothes



Cooking Pizza with Eugene

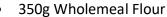
- Apron
- Pizza base
- Red onion
- Scallion
- Ham
- Sweet corn
- Cheese grated
- **Tomato Sauce**
- Pepper
- Mixed herbs

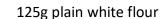
Oven

7-10 minutes



Brown Bread with Brian Ingredients





- 1 teaspoon baking soda
- 275ml buttermilk
- 150ml Natural Yogurt
- 1 egg
- A little treacle
- A little rapeseed oil
- Porridge oats to sprinkle on top

Oven

180 degrees for 40 minutes

Equipment

Mixing bowl, sieve, whisk, greased baking tin, spatula, jug,







Yoga with Anita

- A drink of water
- Comfortable clothing
- Comfortable shoes
- Space to move in a relaxing room
- A yoga mat, mat or carpet
- Yoga block
- Blanket



Baked Potatoes with Eugene

- Potatoes
- Salt Pepper
- Knife, Tinfoil, Baking tray
- Oven
- Ham, Cheese
- Tuna, Mayonnaise
- Sweetcorn, Lettuce, tomatoes, Basil Onion

Cross Stitch with Jennifer

- Large Cross stitch mesh
- Needle
- Thread



Gardening with Noel

- Winter plants violas
- Small pot
- Peat
- Stones for drainage

Art with Jenny

- Thin paper (old wrapping paper)
- Ruler
- Rubber
- Pencil
- Scissors

Art with Andy

- Sponge
- **Paints**
- Water
- Brush
- 2 pages

Literacy with Dylan

- Lesson sheet-PDF printed
- Pen



ISL with Robert

• Comfortable space



Guitar with Ruairi

• Guitar



